

## ABSTRACT

The object of the present invention is to provide a medium that recording and reproducing is performed by irradiation with light from a film surface and has high reliability and excellent  
5 heat endurance. To achieve the object, over a recording film having at least a magnetically anisotropy, which is formed on a disk substrate, a lubricating layer is formed with a protective layer having a lower thermal conductivity than the recording film being interposed therebetween.